

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 2016			1 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo	2 9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga
5 CLOSED FOR LABOR DAY	6 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Fun and Games 1:00pm...Benefit Rep	7 9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	8 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Basics 10:30am...Blood Pressure 1:00pm...Bingo	9 9:00am...Zumba Gold 10:00am...Mah Jongg Class 10:00am...Scrabble Club 1:00pm...Yoga
12 9:00am...Chair Yoga 10:15am...Artist in You 12:30pm...Bridge 12:30pm...Mah Jongg 1:00pm...Alzheimer's Support 1:00pm...Mah Jongg Class 6:45pm...Duplicate Bridge	13 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Meeting of the Minds 1:00am...Bridge 1:00pm...Fun and Games 1:00pm...Benefit Rep	14 8:00am...NH Trip 9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	15 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Basics 10:30am...Blood Pressure 1:00pm...Bingo	16 9:00am...Zumba Gold 10:00am...Mah Jongg Class 10:00am...Scrabble Club 1:00pm...Yoga
19 9:00am...Chair Yoga 10:15am...Artist in You 12:30pm...Bridge 12:30pm...Mah Jongg 1:00pm...Mah Jongg Class 1:00pm...Arm Chair Travel 6:45pm...Duplicate Bridge	20 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Fun and Games 1:00pm...Benefit Rep	21 9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	22 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Journey with Sally 10:00am...Computer Basics 10:30am...Blood Pressure 1:00pm...Bingo	23 9:00am...Zumba Gold 10:00am...Mah Jongg Class 10:00am...Scrabble Club 1:00pm...Yoga
26 9:00am...Chair Yoga 10:15am...Artist in You 12:30pm...Bridge 12:30pm...Mah Jongg 1:00pm...Mah Jongg Class 6:45pm...Duplicate Bridge	27 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Meeting of the Minds 1:00pm...Bridge 1:00pm...Fun and Games 1:00pm...Benefit Rep 1:00pm Membership Party	28 9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	29 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo	30 9:00am...Zumba Gold 10:00am...Mah Jongg Class 10:00am...Scrabble Club 1:00pm...Yoga

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 2016			1 100% Orange Juice Cheese Omelet w/Sliced Tomato Sausage Links Crispy Cube Home Fries Fresh Fruit Cup	2 Minestrone Soup Shepherds Pie Brussel Sprouts Pudding <i>(Italian Grinder)</i>
5 CLOSED FOR LABOR DAY	6 Pasta & Bean Soup Antipasto Salad Cookies Rye Bread <i>(Chicken and Cheese on Rye)</i>	7 Lentil Soup Salisbury Steak with Gravy Buttered Noodles Broccoli Cuts Fresh Fruit <i>(Tuna on Wheat)</i>	8 Barley Vegetable Soup Veal Cutlet with Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Italian Ice <i>(Salami & Provolone on Italian)</i>	9 Red Chowder Tuna Salad on Lettuce Blueberry Cobbler <i>(Pastrami and Swiss on Grain)</i>
12 Chicken Vegetable Soup Pork Loin with Apple Sauce Rice Pilaf Sliced Carrots Peaches <i>(Egg Salad on Wheat)</i>	13 Egg Drop Soup Orange Glazed Chicken Vegetable Egg Roll Oriental Blend Vegetable Lorna Doone Cookies <i>(Tuna on Rye)</i>	14 Vegetable Soup Liver & Onions with Gravy Mashed Potatoes California Blend Vegetables Fresh Fruit <i>(Seafood Salad on White Bread)</i>	15 Chicken Escarole Soup French Meat Pie Green Beans Frosted Cupcake <i>(Ham Salad on Pumpernickel)</i>	16 Seafood Gumbo Soup Potato Crunch Fish Au Gratin Potatoes 3-Bean Salad Low Fat Yogurt <i>(Roast Beef & Cheese on Wheat)</i>
19 Split Pea Soup Baked Ham with Pineapple e Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie <i>(Tuna on Rye)</i>	20 Chicken Soup with Anci de Pepe Sloppy Joe with Peppers and Onions Cole Slaw Ice Cream Sandwich <i>(Pulled Pork on Hamburger Roll)</i>	21 Tomato and Brown Rice Soup Chicken with Artichokes and Roasted Red Peppers Oven Roasted Potatoes Tossed Salad Italian Ice <i>(Chicken Salad on Whole Wheat)</i>	22 100% Juice Beef Stroganoff Buttered Noodles Mixed Vegetables Fresh Fruit <i>(Turkey and Cheese on Marble)</i>	23 .Broccoli and Cheddar Soup Stuffed Chicken with Gravy Mashed Potato Prince Edward Vegetable Mandarin Oranges <i>(Meatball Sub on a Roll)</i>
26 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Zucchini Apricot Half <i>(Seafood Salad on Oatmeal)</i>	27 Split Pea Soup Knockwurst with Mustard Boiled Potatoes Carrot and Cabbage Mix Tapioca Pudding <i>(Italian Tuna on Rye)</i>	28 100% Juice Beef Wellington Brussel Sprouts Tossed Salad Fresh Fruit <i>(Chicken and Cheese on Wheat)</i>	29 Beef Noodle Soup Southwest Chicken Salad Garlic Bread Shortbread Cookies <i>(Meatloaf on White Bread)</i>	30 Lentil Soup Italian Sausage on Roll Peppers and Onions Carrot Slaw Unsweetened Applesauce <i>(Corned Beef and Cheese on Rye)</i>